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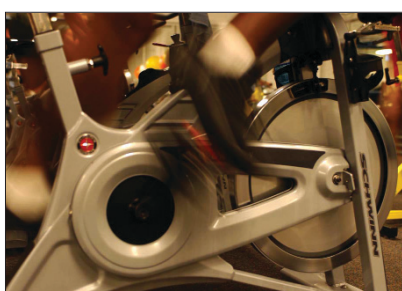
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Station change of command



Col. Paul C. Christian is scheduled to hand over command of Marine Corps Air Station Miramar to Col. Christopher E. O'Connor in a ceremony at the flight line parade area today at 3 p.m. This will be the last ceremony for Christian as he retires his 31 year Marine Corps career.

Marines return home from deployment

Story and photos by
Lance Cpl. George J. Papastrat
MCAS Miramar Combat Correspondent

It was a huge week for Marine Corps Air Station Miramar, with nearly 200 Marines returning from deployment in support of Operation Iraqi Freedom.

The Marines, who were from Marine Tactical Air Command Squadron 38, Marine Air Control Group 38, 3rd Marine Aircraft Wing, and Marine Aviation Logistic Squadrons 11 and 16, returned home after their six-month deployment.

"While MTACS-38 was deployed the Marines installed, operated, and maintained the commanding general's forward command post," explained Maj. Eric O'Harra, the executive officer for MTACS-38.

To boost troop morale, most of the squadron split into two, six-month deployments and used augmentation units from MCAS Yuma, added O'Harra.

MALS-11 and 16 provided logistical support to any aircraft the squadrons were tasked with while forward, explained Gunnery Sgt. Mike Pierce,

operations chief, MALS-11, 3rd MAW.

Many things happen to families while a service member is deployed, for one Marine it was the birth of a new son.

"My son was born in March while I was deployed," said Staff Sgt. David McKinley, maintenance chief with MTACS-38. "I am happy to come home and finally meet him."

During the deployment, McKinley, along with other Miramar Marines, trained the Iraqi Army in small arms weapons instruction.

"It was a great experience," McKinley said.

McKinley was not the only Marine who was glad to return home to see his family.

Cpl. James Orezzaoli, a tactical data systems repairman with MTACS-38, left for Iraq one week after his youngest son, Ayden, was born.

Orezzaoli worked along with McKinley in training the Iraqi Army. It was educational not only for their Army, but a refresher in weapons training for the Marines as well.



Ayden Orezzaoli, a seven-month-old boy, is embraced by his father, Cpl. James Orezzaoli, for the first time in more than six months here Aug. 2. Orezzaoli was deployed in support of Operation Iraqi Freedom 10 days after Ayden was born.

"We had the opportunity to shoot the AK-47 and other foreign weapons as well as practice house-to-house war-fighting techniques," said Orezzaoli a Sidney Center, N.Y., native. "The deployment went as well as any deployment can go but it is great to be home and see my wife and three children."



Maj. Gen. Samuel T. Helland
Commanding General
3rd Marine Aircraft Wing



Col. Paul C. Christian
Commanding Officer
MCAS Miramar

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Public Affairs Director

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Sipping to stay hydrated

Story by Lance Cpl. Kaitlyn M. Scarboro

MCAS Miramar Combat Correspondent

With local temperatures reaching upwards of 113 degrees Fahrenheit and rising, Miramar Marines aren't taking a break from their physical training schedules, leaving local physicians on the look-out for an increase in heat injuries.

Dehydration is defined as a lack of adequate fluid amounts in the body. At boot camp, Marines learn that hydration is necessary for proper bodily functions, but how to stay hydrated is a constant conundrum.

"Urine output is one of the main things we use in the medical field to determine hydration levels," said Navy Lt. Todd J. Mondzelewski, flight surgeon for Marine Aerial Refueler Transport Squadron 352, Marine Aircraft Group 11, 3rd Marine Aircraft Wing. "If you are (urinating) regularly, that means you are hydrated. If you are going less often, that is a sign of dehydration."

Sugars and caffeine are diuretics that cause the body to urinate more than necessary, increasing fluid loss and the likeliness of dehydration. Though sodas have both sugar and caffeine, they do provide a small amount of fluid into the system.

Alcohol, on the other hand, is a stronger diuretic than sugar and caffeine and can cause a more severe dehydration because it provides the body less of the essential nutrients than the average soda or coffee. After the alcohol has been digested and expelled from the body, it will take more than the same amount of fluid for the body to recover and re-hydrate, according to Mondzelewski.

It takes the body one-and-a-half to two hours to digest one alcoholic drink, he said. If a Marine drinks a 6-pack of beer at night, one each hour until 1 a.m., he will not only expel the alcohol but he will be dehydrated when he goes on a run late the next morning and may cause serious injury to himself. The body may be able to digest the alcohol, explained Mondzelewski, but it has not had the adequate supply of nutrients reinstated into the blood to stabilize the system and re-hydrate the blood cells.

The best way to re-hydrate is to drink plenty of water. Though it is possible to over-hydrate, resulting in hyponatremia, it is very uncommon and is not usually concern, Mondzelewski added.

But too much water does dilute the chemistry of the blood, which is why professionals suggest drinking sports drinks when your workout takes longer than one hour. Sports drink such as Gatorade and PowerAde provide electrolytes essential to the functioning of blood cells. A drink made of 50 percent water and 50 percent sports drink make a perfect isotonic kind of solution to achieve a good hydrated status, according to Mondzelewski.

He also said that Marines who use dietary supplements may be at more of a risk for hydration problems if they are not drinking enough water with their powders or pills.

"If you are choosing to use a supplement, it takes a lot of water just to metabolize them," he said. "That's aside from the water that the body naturally needs."

Mondzelewski encourages patients to cut back on supplement use during extreme weather conditions.

Marines are taught that proper hydration and diet are the best ways to prevent heat injuries but sometimes the weather can take a larger toll on the body.

"Even someone who is following their daily healthy lifestyle, eating the right things and working out regularly, is at risk for dehydration," he said. "Sometimes those healthy habits just aren't adequate during 95-degree, black-flag conditions."

Common signs of dehydration include pale, ashen skin, nausea, headaches, and disorientation. Anyone with those symptoms should be taken to a cool, shaded area, given plenty of water and the emergency response team should be called.

Mondzelewski has some simple solutions to stay hydrated. Have something in your hand all day long," he warned. "Slow sips all day long are the best way to stay hydrated. If you are actually really thirsty, it's already too late. You are well on your way to the dehydrated status."

Rendering honors: not just in uniform

Story by Lance Cpl. Taylor Poulin

MCAS Miramar Combat Correspondent

Imagine you are standing among thousands of sports fans in an enormous stadium, ready to watch your favorite team play. The fans rise, knowing what is to come next; the national anthem.

Out of respect, you stand and sing the graceful words devoted to our country and glance around at your sports-enthused compadres, some with hats on and some off, some with their hands over their hearts and some not, some standing at attention and even some singing.

It rumbles through your head that maybe everyone has their own way of showing respect, or maybe some people don't care enough to show any respect at all.

What is the right thing to do?

You glance around and easily spot two Marines with their "high and tights." You think, "Great! I'll do what they're doing." But one Marine is holding his hand over his heart and the other is standing at attention. Why are they different?

They are different because many Marines don't know the regulation on rendering honors in civilian attire. According to Marine Corps Order 5060.20, when a Marine is in proper civilian attire and hears the national anthem, he must face the colors, stand at the position of attention and put his right hand over his heart.

If he is wearing a cover of some sort, then he must take it off and hold it with his right hand, letting the cover touch his left

shoulder.

The rule applies anytime you hear the anthem, not just at baseball games. When present for morning colors or evening colors, Marines must stop and face the flagstaff, or in the direction of the music, when "Attention" is sounded. Salutes and rendering honors (placing hand over their heart) are given by Marines on the first note of the national anthem, "To The Colors," or "Retreat," and terminated on the last note. Marines will remain standing at attention facing the flagstaff or music until "Carry on" is sounded.

So when you're at your next sports venue, worry not, because now you know what to do. And as the old saying goes, knowing is half the battle.

Miramarks

If you could improve anything about the barracks, what would it be?



Lance Cpl. Kyle B. Jones
Flight Planner
MCAS Miramar

"The common area needs to become a good cooking area. Marines on comrats deserve a good meal too."



Pfc. Yolene Valverde
Flight Planner
MCAS Miramar

"They need better water pressure in the sinks and showers. Also, I would like to see consistent air conditioning."

Briefs

Iwakuni weight allowance

Accompanied personnel are only authorized to bring 75 percent of their full Joint Federal Travel Regulations weight allowance when PCSing to Iwakuni, according to the station's Traffic Management Office regulations.

Unaccompanied baggage shipments are not authorized to exceed 600 pounds for active duty members and 200 pounds for each family member. Limited exceptions may be granted on a case-by-case basis until Oct. 1, 2006.

Golf Tournament

There will be a Navy Ball Golf Tournament Aug. 28, at the Marine Memorial Golf Course on Camp Pendleton. Please register your four-man team before Aug. 21. Cost for sergeants and below is \$30. Staff sergeant to captain is \$40 and major to general is \$45. DoD or guest is \$45.

Send your rosters to tournament coordinator HMC Cenon Delacruz, CSDelaCruz@cpen.med.navy.mil.

Camping Trip

The Outdoor Adventure Center will depart for a camping trip at the Inyo National Forest outside of Bishop, Calif., early on Sept. 2. Bring daypacks and fishing poles and they will select a scenic trail with an awesome lake. Active duty is \$40 per person and \$45 for DoD, reservists and retirees.

For more information, call 577-4150.

Get off the Couch

The Outdoor Adventure Center will be making an overnight deep sea fishing trip on a private charter Sept. 21. The cost is \$120 per person for active duty, DoD, reservists and retirees, and guests pay \$140. Price includes galley, beverages, bait, tackle and license. There are only five spots left so hurry and sign up before the deadline on Aug. 25. Payments may be paid in three installments.

For more information contact, 577-4150.

Parenting Class

Marine and Family Services Center has parenting classes once a month for anyone who is a parent or is becoming one to come and learn something new. Things that will be taught are: How to manage tantrums, how to be consistent, age appropriate consequences and age appropriate expectations. The next class will be Aug. 23. No pre-registration is necessary.

For more information contact, 577-6585.

Spouse receive computer training

Story by Lance Cpl. Kaitlyn M. Scarboro

MCAS Miramar Combat Correspondent

Free certification is available for spouses of active-duty service members aboard Marine Corps Air Station Miramar who are interested in becoming a Microsoft Office 2003 Specialist.

The Wells Fargo Foundation has contributed funds so Miramar spouses can take their exam free of charge after completing a self-paced, computer-based tutorial available at the Career Resources Center at Miramar.

"Wells Fargo just wanted to give back to the military," said Bob Leeds, Family Employment Assistance Program manager. The foundation was originally interested in providing educational scholarships to spouses but Leeds believes the money was available to more people through this program.

The Family Member Employment Center purchased training programs and computers which are now available for spouses to use to become Microsoft Office Specialists.

"We've already had some successful completions and we wanted to recognize Wells Fargo for their contributions," said

Leeds.

Ten-thousand dollars were donated to Miramar and distributed through the Career Resources Center, the Family Team Building program and the Youth Center. After Family Team Building and the Youth Center used the money they needed, \$6000 was available for the Microsoft programs.

The donations purchased 82 certification vouchers that will individually pay for the seven tests Microsoft Office 2003 provides for certification. The average cost of each test is \$65-\$125 through other testing facilities according to Leeds.

Tests are offered for Microsoft Office Access, Excel, Outlook, PowerPoint and Word, with a second test available for certification as a Word Expert or Excel Expert.

"There is a difference between 'I've got experience' and 'I'm certified,'" said Leeds. If you become certified in Word and Excel Expert, PowerPoint, — those three together — and Access or Outlook you become a Microsoft Office Master."

Tutorials and testing are available in the Career Resources Center in building 8456 room 117, Monday thru Friday 7 a.m. to 6 p.m. For more information call 577-6710.

Marines keep supplies ready in Al Asad

Story and photo by

Lance Cpl. Brandon L. Roach

3rd MAW Combat Correspondent

AL ASAD, Iraq — Supporting deployed service members can be a very challenging job, but for the supply Marines of Marine Wing Headquarters Squadron 3, they meet that challenge head on every day.

"Our mission is to support the Marines and sailors of MWHS-3 and staff and subordinate units of 3rd Marine Aircraft Wing," said 2nd Lt. Forrest C. Sweitzer, supply officer-in-charge, MWHS-3. "There is no problem big or small that we can't handle."

With constant requests coming in for supplies, the Marines are constantly on the move to get the needed items from storage.

"We keep as much gear as possible that we know will be used by the units," said Lance Cpl. Jonathan W. Chaline, warehouse chief, MWHS-3. "Certain things have to be special ordered from companies back in the United States."

Although the supply section has many different items needed to complete the

missions, they have to order supplies from different vendors and companies in order to maintain their operational readiness.

"We order a lot of things from vendors in the United States," said Chaline. "The quality and price is better when going through the American companies, and we receive military discounts from them."

Sometimes ordering from the States can take a lot longer for delivery. Local vendors are often used to expedite the delivery of products requested.

"We are trying to use local vendors at least 50 percent of the time," said Staff Sgt. Jose Jimenez, supply chief, MWHS-3. "It contributes to the rebuilding of Iraq, and sometimes locals can get things other people cannot."

In a memorandum dated July 12, Army Gen. George W. Casey Jr. stated, it was his intent to leverage all of the command's activities and resources to provide increased opportunities for economic expansion in Iraq.

"If the Marines need it, we get it. From ink cartridges and toilet paper to 50-ton air conditioning units, we make it happen,"



Lance Cpl. Jonathan W. Chaline verifies his inventory of 782 gear in the supply lot July 29, at Al Asad, Iraq. The mission of a supply Marine is to ensure that all the service members in their unit are equipped with the proper supplies to complete their mission.

said Sweitzer. "Because we are the headquarters squadron for 3rd MAW, we support not only our Marines but Navy and Army units to ensure everyone is well-equipped to most effectively and efficiently complete their mission.

With economic growth on the rise in Iraq, the Marines of the MWHS-3 supply section continue to support the service members and the people they are protecting.



Cpl. Bradley W. Hussey, crew chief, Marine Medium Helicopter Squadron 163, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, mans a M2 .50 cal. machine gun during a Ground Threat Reaction exercise, Aug. 5. The squadron's five-day deployment to Marine Corps Air Station Yuma, Ariz., was designed to train pilots and aircrew on GTR.

Pilots, crew sharpen threat reaction skills

Story and photos by
Lance Cpl. Scott T. McAdam Jr.

MCAS Miramar Combat Correspondent

Marine Medium Helicopter Squadron 163, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, spent five days at Marine Corps Air Station Yuma, training their pilots in Ground Threat Reaction skills July 31 to Aug. 4.

The primary mission of the deployment was to get 12 pilots and as many of the aircrew as possible up to par on GTR. Pilots and aircrew must renew their GTR qualifications every 12 months.

"Ground Threat Reaction consists of two areas of training, threats in the radar environment and threats from small arms/portable guided missiles," said Capt. Jim Hoffman, a pilot training officer with HMM-163, "We think the training is a valuable and important part of our readiness as an aviation squadron, and we try to get as many of us qualified as possible."

July 31, HMM-163 flew six aircraft to MCAS Yuma and every aircraft stayed in the air thanks to a lot of hard work from the Marines, according to Lt. Col. Brent Willson, commanding officer, HMM-163. The air and ground crew of HMM-163, or the "Evil Eyes," worked together in perfect concert, ensuring mission success throughout the week.

"Everyone was running on all cylinders; there were no surprises and everyone worked hard, long hours and stayed in good spirits," said Sgt. Maj. Rick D. Cunningham, the squadron sergeant major. "It's been a while since we had six aircraft (running at once), which is a huge accomplishment."

A major benefit to conducting the training at MCAS Yuma is the squadron can take advantage of instructors from Marine Aviation Weapons and Tactics Squadron, 3rd MAW, the Marine Corps' predominate training school for Marine Corps helicopter aviation on the West Coast.

The MAWTS provided three instructors to facilitate training for both the pilots and crew chiefs.

"We couldn't have done any of this training without MAWTS," Willson said.

Even though Ground Threat Reaction training was the main focus, it was not the only thing the "Evil Eyes" did while training at Yuma.

A lot of the newer crew chiefs and aerial observer/gunners received valuable training in their respective fields. There were day and night "gun shoots" to hone the accuracy skills of the aircrew firing the M2 .50 cal. machine gun.

"This training was very much needed," said Sgt. Anthony R. Henriquez, crew chief, HMM-163. "It's very valuable to everyone and shows us what to expect (in Iraq). If there is one thing I want my Marines to take away from this training, it's the fact that their decisions aren't always pilot based, there isn't always enough time for pilots to make a decision. It comes down to the crew having to make it. Making those decisions highlights the leadership traits the Marine Corps strives to instill in Marines."

MCAS Yuma is considered by many squadrons a good place to train because of

the proximity of the ranges and open desert to train in, according to Hoffman.

"We started planning this detachment in the beginning of June. It takes a lot of planning and help from everyone in the squadron to get all of the logistical and support pieces in place," Hoffman said. "We, as a squadron, deploy as a Marine Expeditionary Unit, and don't get the opportunity to do a lot of large operational training; I am very happy we got to facilitate this kind of training."

"We wanted 12 air crews qualified and accomplished that mission," said Willson, a Charlotte, N.C., native. "Not only did we accomplish our primary mission, but the detachment was a huge success all around. Every single department did their part in making this such a huge success. As a unit, we are really starting to mesh together and I'm proud of what all of these Marines are doing."



Three CH-46E Sea Knights with Marine Medium Helicopter Squadron 163, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, sit ready for takeoff on the runway, waiting to start a Ground Threat Reaction training mission at Marine Corps Air Station Yuma, Ariz., Aug. 3. "Ground Threat Reaction training is important because it closes the gap between our previous Aerial Gunnery Training and makes it applicable," said Capt. Jim Hoffman, pilot training officer, HMM-163.



Crew chiefs and ordnance Marines clean the M2 .50 cal. machine guns at the end of their five-day deployment to Marine Corps Air Station Yuma, Ariz. The machine guns were used in conjunction with Ground Threat Reaction training.

MWSS-374 supports Iraqis in Habbaniyah

Story by Lance Cpl. Brandon L. Roach

3rd MAW Combat Correspondent

HABBANIYAH, Iraq — In a land where pure, clean water is essential for prosperity, the Marines of Marine Wing Support Squadron 374 ensure that the people of Habbaniyah fully understand the operations of a water purification system.

With only a short time left in their deployment, the utilities platoon with MWSS-374, Marine Wing Support Group 37 (Reinforced), 3rd Marine Aircraft Wing (Forward), convoy several times each week to a place just minutes outside the perimeter of Al Taqaddum to help transition water purification operations to the Iraqi people.

“We officially started our Reverse Osmosis Water Purification Unit training with the Iraqi contractors May 16,” said Staff Sgt. Charles C. Hart, utilities platoon chief, engineer company, MWSS-374. “We are transitioning from a coalition life support contract to a self-sustaining Iraqi base with little coalition support.”

After an assessment of the water production site, a concern arose about the two water purification sites previously operated by civilians.

According to Hart, the Marines were not trained on these types of ROWPU units and they only had a short time to learn.

“We had to start an immediate turnover with the old contractors,” Hart said. “We needed to get familiar with the operations of the unit and what is done daily with them before the civilian contractors left.”

Once the Marines learned the operation of the units, they had to ensure everything would be managed properly by getting the Iraqi people on a work schedule.

“I needed to meet all the workers and make sure they understood that there was no more showing up when it was convenient for them,” said Hart. “We organized work teams and shift managers so that there would only be one person solely responsible for the site.”

After the initial transition, as with most projects of this scale, there were several problems that occurred.

The main problem was that the Iraqis did not initially understand the difference between potable and non-potable water. They were using purified water for construction projects and fire trucks, which diminished the availability of on-hand drinking water.

“Once my team of Marines got a good grasp of the operations,” said Hart. “We started to see improvements in performance and production.”

With approximately two months left in their deployment, the Marines of MWSS-374 continue to support the Iraqi people, not only with the training but on a more personal level as well.



Lance Cpl. Donald T. Backer Jr. shows a soldier of the 1st Iraqi Army Division the chlorine balance in the water processed through the Reverse Osmosis Water Purification Operation Unit July 27, at Camp Habbaniyah, Iraq. The ROWPU training is being done with the Iraqis so that they can operate their own military base without coalition support. Backer is a hygiene equipment operator with Marine Wing Support Squadron 374, Marine Aircraft Group 37 (Reinforced), 3rd Marine Aircraft Wing (Forward). Photo by Cpl. Samantha L. Jones

“We help them with things like tools and maintenance, but it’s the personal things we do that really impacts their lives,” said Hart. “We take pictures of them for their families, answer questions about America, as well as try to instill pride in them for what they are doing.”

Now, spending most of their time

spot-checking the equipment and ensuring the maintenance is being done, the Marines watch the Iraqi people prosper from the shadows.

“After the time we have spent over there, I am confident in their abilities to manage and maintain their water purification sites,” Hart concluded.

Aerial refueling keeps helicopters flying



Lt. Col. Robert Tobin, commanding officer of Marine Heavy Helicopter Squadron 465, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, pilots a CH-53E Super Stallion July 27. He, along with four other pilots from the squadron, practiced day and night aerial refueling to hone their skills and ensure the readiness of the squadron before deployment.

Story and photos by
Lance Cpl. George J. Papastrat

MCAS Miramar Combat Correspondent

Most pilots try to steer clear of any aircraft in their relative area when they're in the air, but that rule doesn't apply to aerial refuelers and their customers -- it's what they do best.

Pilots and air crew from Marine Heavy Helicopter Squadron 465, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, conducted day and night aerial refueling flights July 27 off the coast of San Diego.

HMH-465 flew one CH-53E Super Stallion at more than 4,000 feet and got a fill up from their portable gas station; a KC-130J from Marine Aerial Refueler Transport Squadron 352, 3rd MAW.

"Aerial refueling, also known as AR, is tactically important to the CH-53E Super Stallion," said Capt. Glen Ruekema, a pilot with HMH-465. "It extends the flying range of the aircraft to an almost infinite distance."

The CH-53E Super Stallion helicopter is capable of lifting more than 15 tons of equipment and transporting it. With aerial refueling, the helicopter's maximum flight range is nearly unlimited. Without it, the aircraft must operate within a four-hour window before needing fuel.

When troop insertion comes into play, aerial refueling allows the crew to focus on getting the job done without worrying about the amount of fuel the aircraft has, added Ruekema.

The KC-130J has two probes that extend nearly 85 feet from the aircraft's wings with a basket at the end. The basket has a one-way valve that helicopters must insert their

refueling probe into, explained Ruekema.

During the training, pilots from the squadron had to maneuver their aircraft through the prop wash, the turbulent air produced by the aircraft's spinning propellers, to a pre-connection area.

This position is where pilots ensure the aircraft are lined up and prepared for refueling. Once the pilots are in a stable position, they connect the two aircraft, pumping more than 1,000 gallons of fuel per minute.

Pilots may be the ones in control of the aircraft, however, the enlisted crew of the aircraft plays an equally important job in refueler missions.

"I love my job," said Lance Cpl. Lea M. Booth, a CH-53E crew chief, with the squadron. "I am responsible for the safety of the helicopter crew and passengers."

With the likelihood of future deployments, training like this is critical for the crew.

"In Iraq, many flights are going to be extended, which is why we do this type of training for deployments," Ruekema said.



The digital display in the cockpit of a CH-53E Super Stallion shows the pilots where they are during an aerial refuel. Pilots from Marine Heavy Helicopter Squadron 465, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, participated in an aerial refueling mission July 27 off the coast of San Diego.

Community Service Project forms lasting bonds

Story and photos by Cpl. Skye Jones

MCAS Miramar Combat Correspondent

When Amy Budde, a teacher at Morning Creek Elementary School, contacted Marine Corps Air Station Miramar in hopes of setting up a “Partnerships in Education” program with her classroom, she never dreamed of the huge impact that the students, herself and Marines would have on each other.

Since the program's start in January, six selfless Marines have spent their time forming friendships, encouraging dreams and inspiring Budde's second grade students, earning the California State Parent Teacher Association's “Honorary Service Special Person Award” for their efforts.

“When these Marines walked into my classroom, I never could have imagined just how significant this project would become in the children's lives and mine,” said Budde, a Seattle, native. “The effect that these fine young men had on the children is something irreplaceable. They were big brothers to these kids.”

Every month, the Marines would read books, help with special craft projects and school assignments, listen to “show-and-tell” speeches, and play sports and games with the children.

Originally, the program started out with the Marines visiting the classroom once a month, but Budde and the Marines quickly agreed that additional visits were necessary. Soon the Marines were visiting once every other week and then multiple times in the months nearing the end of the school year, even attending Budde's baby shower.

The Marines also began showing up ahead of their scheduled time and started staying in the classroom longer. Several Marines, including Capt. Adam Brammer, Information Systems Management Officer, 3rd Marine Aircraft Wing, also made plans to volunteer next school year.

“I know a lot of these kids don't sleep the night before we come,” said the Loveland, Colo. native. “It feels great knowing that they look forward to this.”

According to Budde, she never



Students from Amy Budde's second grade class at Morning Creek Elementary School surround Capt. Adam Brammer, Information Systems Management Officer, 3rd Marine Aircraft Wing, after playing a game of handball May 3.

thought of how the children would impact the Marines, only how the Marines would impact the children.

“I had a long conversation with two of the Marines on their last day in the classroom,” she said. “One mentioned that no matter what the stresses were in his daily life or work life, he always

looked forward to coming to the classroom because all of his worries would go away.”

On the last day of the program, Budde and several of the kids shed tears as they said goodbye to their “heroes.”

“I realized that these Marines were saying goodbye to the children with the

same pride and sadness that I feel when I say goodbye at the end of each school year,” said Budde. “Learning truly was a two-way road for the children and Marines. They are Marines, but most importantly to the kids...heroes.”

Pam Zemper is one delighted parent who couldn't be happier to hear about her daughter's recap of her day at school with the Marines.

“This is a great program and lots of other classes are very jealous,” Zemper, a San Diego native, said. “It has been the best part of Amanda's second grade experience and this is really the best year in school that she has ever had, because of the Marines.”

Amanda couldn't agree more.

“Since the Marines have been with us for a long time, it feels like they're part of our family,” she said. “This has been my best year ever.”

The “Partnerships in Education” program will continue in September. For more information, contact the MCAS Miramar Consolidated Public Affairs Office Community Relations Department at (858) 577-7546.



Sean, a second grade student at Morning Creek Elementary School, spends extra quality time with Cpl. Scott Tremayne, flight equipment mechanic, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, during his school's field trip to the Flying Leatherneck Aviation Museum June 13. Since January, Sean and the other students in his class have had the opportunity to spend every other week getting to know some of Miramar's “heroes.”



Cpl. Scott Tremayne, flight equipment mechanic, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, ensures Amanda, a second-grader, doesn't cheat during a baby shower game June 15, at Morning Creek Elementary School. Tremayne and five other Marines have been helping out in Amanda's classroom since January, becoming role models for the children.



Kendra J. Rakdham rises in her seat during an intense session of Semper Cycling at the Miramar Sports Complex July 31. The cycling instructors use this and other techniques to get the maximum effectiveness out of the one hour class, encouraging students to work at their own pace.

Pedaling with purpose

Semper Cycling offers intense workout alternative

Story and photo by
Lance Cpl. Kaitlyn M. Scarboro

MCAS Miramar Combat Correspondent

In an effort to combat the challenges of weather change, workout boredom and injury, Miramar Marines have found a new way to spice up their physical training regimen.

The Miramar Sports Complex offers hour-long Semper Cycling classes 10 times a week to add a low impact cardiovascular work-out that is just as effective as running, according to Radka Willson, the Semper Cycling Program manager.

“It’s a great complementary exercise to running because it takes away the stress on the body -- the pounding on the hips, knees, ankles and lower back,” Willson said.

The gym’s cycling classes are taught with varying intensities and speeds but encourage participants to work at a level they are most comfortable with.

Every participant works to their own ability, adjusting the tension on their bike or changing their speed according to their ability, explained Willson. While a hard workout might be suited for a person coming off a

lazy weekend, an easier ride may be best for a cyclist who recently finished a long, hard cycling competition.

The gym provides 27 stationary bicycles during each class, though the average class has 15 to 20 participants. Units are welcome to attend the scheduled classes or they can call Willson and request a special session during a time and day best suited for the training schedule.

“Cycling really lets me focus,” said Kendra J. Rakdham, a Marine spouse.

Rakdham has tried every aerobic class she could find and cycling was the only class that kept her motivated to continue throughout the entire class.

“It helps me stay balanced,” Rakdham said. “I leave feeling really accomplished. It’s almost like therapy.”

Pfc. Poe Lamyuen, aircraft mechanic, Marine Medium Helicopter Squadron 165, 3rd Marine Aircraft Wing, says he enjoys the workout and tries to spin daily.

“It dropped my run time from 25 to 23 minutes,” he said.

Cycling was a welcome addition to Lamyuen’s workout regimen, increasing the muscle mass in his legs and helping his overall physical fitness.

Semper Cycling classes are available at 5:30 a.m. Mondays through Thursdays, 11:30 a.m. Mondays through Fridays and 9 a.m. on Sundays. The Miramar Sports Complex and Semper Fit Center also offers a variety of other classes as well. For a complete schedule, visit <http://www.mccsmiramar.com>.

AROUND THE CORPS



CENTRAL TRAINING AREA, OKINAWA, Japan – Marines prepare to storm a building July 27 during military operations on urbanized terrain training in Central Training Area's Combat Town. Fifty-two Marines with Combat Assault Battalion, 3rd Marine Division, participated in the training which covered tactics such as room clearing and communication between multiple fire teams. *Photo by Sgt. C. Nuntavong*



Above – LONDON – The MV-22 Osprey is a common sight in the skies of Eastern North Carolina, however, tens of thousands of people recently had an opportunity to observe the aircraft for the first time when two “Ospreys” made the “self-deployment” from MCAS New River to Europe. *Photo courtesy Bell/Boeing*

Left – ANDERSEN SOUTH HOUSING UNIT, Guam – Pfc. Nick Martin, an infantryman with Battalion Landing Team, 1st Battalion, 5th Marine Regiment, provides security as members of his squad pass through a danger area during urban movement drills at the former military housing complex Aug. 7. *Photo by Lance Cpl. Kamran Sadaghiani*

Announcements



Is this your Talon?

The above vehicle has been marked for impound by the Provost Marshal’s Office. To avoid having the vehicle towed, please store it in the Marine Corps Community Services or Traffic Management Office lots. Abandoned vehicles at Marine Corps Air Station Miramar present security risks as well as environmental and safety concerns. PMO attempts to identify and contact vehicle owners of illegally parked, abandoned vehicles prior to tagging the vehicle with a Department of Defense notice. Vehicles are then scheduled for towing three days following the notice. For more information, call 577-4139.

The following vehicles have been impounded and need to be claimed by the owners. Towing fees average \$113, storage fees \$28 daily. For more information call 577-1461.

Vehicle:	License:
Chevy Blazer	No Plates
Chevy Nova	CA#5BIL374
Pontiac Firebird	No Plates
El Camino	OR#706CEE
Mercury Cougar	CA#5ERX749

Miramar Movies

The Bob Hope Theater is located on Elrod Ave. and will be featuring the following movies. Outside food and drinks are not permitted. For more information, call 577-4143 or log on to www.mccsmiramar.com.

Friday:
6:30 p.m. Waist Deep (R)
9:00 p.m. Nacho Libre (PG-13)

Saturday:
8:00 a.m. Swap Meet (Until 2 p.m.)
1:00 p.m. Superman Returns (PG-13)
6:30 p.m. Garfield: A Tale of 2 Kitties (PG)
9:00 p.m. Superman Returns (PG-13)

Sunday:
1:00 p.m. *The Lake House (PG)
6:30 p.m. *Cars (G)

Wednesday:
6:30 p.m. Pirates of the Carribean 2 (PG-13)

Thursday:
2:00 p.m. Pirates of the Carribean 2 (PG-13)
6:30 p.m. Superman Returns (PG-13)
* Indicates the last showing for that film.

Black Thursday

Black Thursday is back again! The event for August will be max push-ups and to the winner goes the spoils. First place will earn \$50 to their unit funds and CG cup points. No need to preregister, just show up at the Miramar Sports Complex Aug. 17 between 12-1 p.m. For more information, contact the front desk at 577-4128/4129.

Religious Services

The Chaplain’s Office is located in building 5632 and coordinates regularly-scheduled worship services. For the location and meeting schedules of religious activities, contact the Chaplain’s Office at 577-1333.

Sunday:
9:30 a.m. Protestant worship service
11 a.m. Roman Catholic Eucharist
Wednesday:
7 p.m. Baptist service
Monday-Friday:
11:30 a.m. Roman Catholic daily mass
Jewish:
7 p.m. First Friday of the month MCRD
7:30 p.m. Last Friday at Edson Range Chapel

TASKmil Workshop

The Team of Advocates for Special Kids Inc., California Military Outreach, will be hosting their next workshop “Navigating the California Special Education System” Saturday, Aug. 26 from 8:30 a.m. to 4:30 p.m. aboard Marine Corps Base Camp Pendleton. TASKmil is a non-profit agency, staffed by parents of special needs children with experience in a military community, dedicated to encouraging parental participation in education. For more information, visit the TASKmil Web site at <http://www.TASKmil.org>, or call 1-866-609-3218.

OAC Paintball

The Outdoor Adventure Center will be hosting a day of paintball Sept. 10. Play will be open to active duty, DoD, reservists and retirees. The cost per person will be \$69. Cost will provide transportation, admission, standard marker, full safety mask, cammies, 2,000 rounds, CO2 and lunch. The deadline for sign-ups is Aug. 31. Come and play if you think you can hang. No whiners allowed.
For more information contact, 577-4150.